

Halifax
metroDIGITAL DETOX:
New threat has people
switching off

metroLIFE

Your essential daily news | TUESDAY, FEBRUARY 21, 2017

High 1°C/Low -7°C Partly cloudy



Halifax Mooseheads winger Jake Coughler, right, battles with Moncton Wildcats' Simon Le Coultre at the Scotiabank Centre Monday.
JEFF HARPER/METRO

'They've
woken up'

CLASSROOM REFORM

Teachers to keep
pressuring the
province after
Bill 75 passes

Haley
Ryan
Metro | Halifax

While a bill enforcing a contract on Nova Scotia teachers will likely pass Tuesday, their union says the fight for classroom reform will continue as educators have "woken up."

The final reading of the bill will be held Tuesday, and when passed will end work-to-rule and enforce a wage package, despite last Friday's historic teacher strike. Nova Scotia Teachers Union (NSTU) president Liette Doucet said with a Liberal majority, it will undoubtedly pass.

"I know (teachers) are disappointed ... however they won't give up their fight, that's for sure. They've woken up," Doucet said. "Through this whole thing, they've become empowered. They're feeling proud to be teachers again."

Doucet said even though it seems like Premier Stephen McNeil and the Liberals aren't listening, a "real conversa-

tion" has been started with citizens, parents and students who want to see specific changes like more resources for kids with disabilities and smaller class sizes.

After roughly 16 months of negotiations, three tentative agreements rejected by members, and weeks of work-to-rule, the new bill sets up working groups for inclusion and classroom conditions. But, Doucet said teachers were looking for immediate changes through negotiation and many can't forgive the Liberals for legislating a contract.

"They're just looking at the long road that is behind them now, but that hasn't really ended," Doucet said.

"It's not over, but at the same time we've reached a turning point. We're facing a government ... that has taken away our rights."

The NSTU will continue pressuring the government through multiple avenues, possibly including the classroom conditions council if that's available, Doucet said. A protest is planned for outside Province House Tuesday, starting after school at 3:30 p.m.

Internally, Doucet said the union will "absolutely" be putting forward a legal challenge against the bill.

BACK ON TRACK

Mooseheads end losing skid with late heroics
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Halifax-based Gavin Tucker takes in the crowd after fighting American Sam Sicilia as part of the main card of the UFC Fight Night 105 at the Scotiabank Centre. JEFF HARPER/METRO

Tucker's future looks bright

UFC

Impressive debut, brutal knockout mark Fight Night card



Philip Croucher
Metro | Halifax

All eyes of the MMA world were on Halifax Sunday night as the Scotiabank Centre played host to UFC Fight Night 105 before a large and energized crowd. Here are five key takeaways from the more than 5.5 hours of action.

Gavin Tucker

The Halifax-based fighter showed he deserved to be on the main card with one of the best performances of the night. The Newfoundland native who now trains here was confident, even cocky at times, as he dominated veteran fighter Sam Sicilia of the United States over three rounds en route to a unanimous



Derrick Lewis, top, takes down Travis Browne as part of the main card. JEFF HARPER/METRO

decision win in his UFC debut. Tucker was quick on his feet throughout and used effective striking to get the best of his opponent, much to the delight of the hometown crowd. "It's a

dream come true. But this is not the end of the dream," he said afterwards.

Brutal KO

Fans saw in the main event

just how dangerous mixed martial arts can be. Heavyweight contender Derrick Lewis knocked fellow top contender Travis Browne out cold midway through Round 2. Lewis delivered

a huge right hand to the head of Browne, who fell back to the ground. Lewis then jumped on his fellow American and delivered a flurry of punches, the last three of which cleanly hit Browne in the face, knocking him out. After the referee jumped in to stop things, doctors rushed to Browne's aid. He eventually came to and was able to leave the Octagon on his own, thankfully.

Oh Canada

Besides Tucker, other strong performances by Canadians included up-and-coming middleweight Elias Theodorou, who had his hands full with Brazil's Cezar Ferreira, but was able to come out on top. Then there was underdog Randa Markos, who refused to give up against former strawweight champion Carla Esparza in one of the fights of the night, and was rewarded with a split-decision victory. Afterwards, Markos seemed to take a jab at U.S. President Donald Trump: "We need to stop bullying. It's not right. It just hurts other people. The President is

bullying ... please stop bullying," she said.

Oh Johnny

The biggest name on the card was former welterweight stand-out Johnny Hendricks, who was fighting for the first time as a middleweight. His performance was OK as he was able to squeeze out a win against Cuba's Hector Lombard. After the fight, Hendricks told media it's the best he's felt in the Octagon in years, largely due to him not having to cut as much weight. He said he felt really strong in the last two rounds when he would usually gas out. The middleweight division is now on alert, he declared.

Halifax shines

While not sold out, Sunday's crowd of about 8,000 showed the UFC again that Halifax loves the sport and will support it. The only empty seats were in the upper bowl and the crowd was hot all night, especially for the final three fights. The loudest cheers, of course, were for the hometown winner.

New Canadian just 'fell in love with the country'

IMMIGRATION

Natives of Egypt, Bhutan take oath of citizenship



Jordan Omstead
For Metro | Halifax

Thirty-four different storylines will share the same chapter as Canada welcomed its most recent citizens on Monday.

Standing against a backdrop of ship sails, 34 people from 16 countries took the oath of citizenship at the Maritime Museum of the Atlantic in Halifax.

Françoise Baylis, bioethicist and member of the Order of Canada, led the proceedings.

"You have made tough adjustments and you have made a conscious decision in favour of Canada," she said in her speech to those waiting to take the oath.

"Today... Canada is declaring in favour of you."

Monday's ceremony was more than five years in the making for Kareem Gawdat.

Gawdat left his family in Cairo, Egypt, to study at Dalhousie University in 2011 in the hopes of becoming a doctor.

"Initially, I was just planning on coming here to study, but then I fell in love with the country," he said.

Gawdat's family joined him in Halifax a year after his arrival.

Both his parents struggled to find jobs, despite years as



Ian Bombio and his mother Marylene Canadian citizenship look at their certificates during a ceremony at the Maritime Museum of the Atlantic in Halifax on Monday. Thirty-four new Canadians, including the three members of the Bombio family, received their citizenship, held during the province's Heritage Day holiday. THE CANADIAN PRESS

doctors back in Egypt. His father eventually returned to Cairo, while his mother started taking classes in Halifax, relearning the same material she had been practising in Egypt.

"It would mean a lot to have the whole family live in a peaceful country such as Canada," Gawdat said. "I wouldn't have to fear that they might be in danger."

"He didn't want us to know

how hard it was for him at first," Nary Gawdat, who hopes to take the oath next year, said of her brother's earliest months in Canada. But as the first winter passed, he began to grow roots in Halifax, according to Nary.

"He loved the student environment," she said. "He met people from a similar culture and had friends from back home in Egypt."

For the Baral family, Monday's ceremony resolves nearly 27 years of uncertainty. Yadu Baral and his family fled the Buddhist Kingdom of Bhutan in 1990 because of the persecution they

faced as Hindus.

They lived in a Nepalese refugee camp for 18 years before getting the opportunity to move to Canada in 2011.

"It's something really exciting to be a Canadian citizen," Baral said through a translation by his son, Mohan, who was born in the refugee camp and became a citizen three years ago.

"Being a person who's never been a citizen or had an identity of any country, being a citizen (now) is something really healthy."

As the new Canadians celebrated, Ukrainian citizen Vadym

Maznshevskyi looked on alongside two of his colleagues. The trio accepted an offer from their American employer to leave Ukraine and come to Canada last year amid the ongoing conflict in the country's eastern territory.

Those who are Canadian at birth don't always understand what it means to be born in a free country, according to Maznshevskyi, who stumbled across the event while visiting the museum.

"This symbolic step actually makes a world of difference for most of us," he said of the ceremony.

POLICE

Motorists busted for cocaine possession

Two motorists discovered one particular peril of not having snow tires: they were arrested for possession of 6.8 kilograms of cocaine after their car slid off a Nova Scotia road.

RCMP say they spotted the car off a rural road in Kentville at about 3:30 p.m. Saturday.

"They noticed a vehicle in the ditch so they stopped to help," Cpl. Jennifer Clarke said Monday. "It all started with just stopping to provide assistance."

But officers soon discovered both people in the car had outstanding warrants, the driver had been suspended from operating a motor vehicle — and they were allegedly carrying a major cache of cocaine.

"It's a lot (of cocaine). Definitely a significant amount for us," Clarke said. "That would be a really good shot in the arm for anyone to pick off a seizure like that, that's a good one."

Despite the slippery conditions, the pair weren't driving on snow tires, Clarke said — an omission that likely led to their predicament.

"Sometimes it's the little things," Clarke mused.

A 34-year-old man and a 30-year-old woman from Moncton, N.B., are facing charges of cocaine possession. They are to appear in court in Truro, N.S., on Tuesday. THE CANADIAN PRESS

6.8

Mounties discovered 6.8 kilograms of cocaine in the vehicle upon stopping to help the motorists who had slid into the ditch.



This symbolic step actually makes a world of difference for most of us.

Vadym Maznshevskyi



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Catching up with five heroes

How they keep doing what they're doing, and even more.

YVETTE D'ENTREMONT METRO



Marrilee Wilson practises yoga in Halifax last year. JEFF HARPER/METRO

MARRILEE WILSON

Marrilee Wilson offers free yoga to people typically not found in traditional yoga studios. Whether they face financial, cultural or other barriers, she's determined to make it accessible.

Since being featured as a Halifax Hero last June, the certified yoga instructor has expanded her free practice to offer yoga to even more marginalized people in the community.

"Since the article, it has given me the confidence to take this to the next level," she said. "Had I not had that platform, people wouldn't necessarily know what I'm doing. I don't know where it'll take me but it's going places."

After the article, Wilson has offered free yoga to the East Preston Daycare Family Resource Centre and the North End Parent Resource Centre in Uniacke Square.

She's also offering free yoga this month at Acadia Lodge in north-end Halifax, and this spring and summer she'll offer free yoga at Merv Sullivan Park with colleague Robyn Corbett. (For more information, @Myaleeza on Twitter or via email, m_wilson@ns.sympatico.ca).

Sitting in a coffee shop in Halifax's north end, she's also determined to use the opportunity to thank the man who sparked her passion for volunteerism.

"Brian Tapper, the vocation counsellor at the Nova Scotia Rehab Centre, he planted the seed," she recalled. "It's important to recognize and thank those who see something in us and who encourage us to move forward."



Jim Nickle remains well known for his volunteer work at the IWK Health Centre. JEFF HARPER/METRO

JIM NICKLE

Countless children and their parents from across the Maritimes have been comforted by the kind heart of long-time IWK Health Centre volunteer Jim Nickle.

For almost nine years he has volunteered more than 7,000 hours at the hospital, working at the information desk and in the escort office where he works on average 20 hours per week. In addition, he volunteers on hospital committees.

When Metro Halifax caught up with Nickle last week, he said he continued to be humbled by his nomination as a Halifax Hero.

"A month or two afterwards I was still getting comments about it.... People from outside of town would even say, 'Oh that guy was in the paper!' as they'd go by," he said.

"Everything is going great and I'm still there and still loving it and I'm just as passionate as ever it's my happy place."

Nickle asks to make a plug for more adults to consider volunteering. He's now giving even more of his time to the place he calls a second home.

"I'm probably doing a bit more than I was at that time but that's again by choice," he said. "I happen to be on the family leadership council now because I spend so much time there. I kind of represent the people that visit us on a daily basis."



Colter Simmonds in North Preston last year. JEFF HARPER/METRO

COLTER SIMMONDS

Making a change by engaging youth and keeping them in their own community is what drives Colter Simmonds.

He's responsible for the We Will Win Youth Association, a program "bigger than basketball" that supports North Preston's youth socially, academically and physically.

The program is growing in numbers, but is in need of sponsorship to accommodate more youth and its high level programming.

"I got great comments from the article and it's like people are always talking to me about being more out there with the program and with myself and what I do, but I've always shied away from it," he said.

Most recently, Simmonds has been invited to bring a group of 14- to 15-year-old players to a prestigious event in San Diego. They're one of 16 teams going and the only Canadian team so far.

One of the most pressing things needed is a bus to more easily bring the program's youth to high-level competitions in Canada and the United States.

"Because of our success we have other programs from outside the community that are looking to come in and recruit away kids from here for bigger programs, like in Ontario," he said.

"If we can continue to grow and provide the best opportunities for them then they'll need not go anywhere else and develop. They'll grow close to family and around people who genuinely care for them."



Loran Morrison last year at Dalhousie University. JEFF HARPER/METRO

LORAN MORRISON

Loran Morrison is a busy second-year medical student who still finds hours each week to devote to a free tutoring program she co-founded in north-end Halifax.

The SHINE (Supporting, Helping and Inspiring through Non-profit Education) program was born in 2012.

"I did not anticipate the overwhelming love and support that would follow. Students and volunteers and parents and peers shared the article throughout social media," Morrison said.

"It was an unforgettable experience to be on the receiving end of such love."

Designed to make learning math and science fun, the article shone a spotlight on the SHINE program. Morrison said that led to a lot of positive attention and ultimately the infusion of much-needed funds.

"We had a massive influx of students and tutors during the entire month that followed the Metro Halifax Hero publication. With such a massive influx, we knew our resources would be under a bit of strain," Morrison said. "That concern was quickly dissipated as we were nominated as the Dalhousie Medicine 2017 Euphoria Charity. Amongst 12 other nominees, SHINE was selected to receive all of the funds raised in this annual event."

Since the article was published last November, Morrison said the program's numbers have grown from 40 up to 55 students and 53 volunteer tutors. "We will not be short on snacks, and will also be developing a study space and resource centre in the George Dixon for our senior students," she said.



Maria Samman will be graduating this year from Sacred Heart school. JEFF HARPER/METRO

MARIA SAMMAN

Maria Samman graduates from Sacred Heart this year, and the teenager already has a wealth of community volunteer experience to her name.

Samman's foray into volunteerism began when she was in Grade 7. She's the Grade 12 volunteer co-ordinator at her school, volunteers at the IWK Health Centre, and for numerous other fundraisers and charities.

Over the years she has volunteered with a range of organizations, from Ronald McDonald House to helping young children at the Keshen Goodman Public Library's summer reading program.

Last year, her volunteerism was recognized when she was selected as one of 19 students from across Canada to participate in the Vimy Foundation program.

The program recognizes the actions of young people "who demonstrate outstanding service, positive contribution and leadership in their communities."

The Vimy Pilgrimage Award provided her a once-in-a-lifetime trip to Vimy Ridge.

Samman continues to devote her spare time to help in the community and plans to continue to do so after graduation. She said while being recognized as a Halifax Hero was a huge honour, what she most appreciated about it was that it motivated others.

"I know in my own school it inspired others to get involved and to want to go to Vimy," she said. "Volunteering is something I enjoy so much and I want to pass on that torch to as many young people as I can."

Who we also recognized over past 12 months



Yvette d'Entremont
Metro | Halifax

Andrey Kolomytsev — Habitat for Humanity and Halifax Regional Search and Rescue.
Haley Myatt — Mount Saint Vincent University student recognized for non-stop volunteerism.
Sonya Higgins — Founder of Healing Animal SCARS helps feral, missing and stray cats.
Rana Zaman — Founded the Pakistani Canadian Association of Nova Scotia and works with a range of cultural groups.
Jenny Tyler — Autism Nova Scotia and Sackville-Bedford Special Olympics volunteer.
Nik Harris — Dalhousie University student has volunteered with the Arthritis Society for five years.
Kate Hamilton — Dartmouth mover and shaker behind a popular food crawl, local networking group, charity fashion show and more.
Paula Green — Leading force behind SurfAble, a surfing event for people with spinal cord injuries.
Sean Kelly — Has volunteered for 30 years with Special Olympics Nova Scotia.
Sherry Keizer — Volunteers 40 hours a week at Adsum House.
Lillian Curlett — Elementary school student has raised hundreds of pounds of food for food bank.
Quentrel Provo — Founder of non-profit Stop The Violence movement.
Bonnie Bagnall — Raised more than \$60,000 for Canadian Cancer Society.
Paige Farah — Formed "Progress in the Park" and executive director of Communities in Progress.
Tiffani Woodington — Mount Saint Vincent University graduate advocates for foster children.
Meagan Soley — Mount Saint Vincent University student behind DiscoverAbilities Events Society.
Andrew Henneberry and Barb French — Partners with the Halifax Regional Police's Citizens on Patrol volunteer program.
Tova Sherman — Founder of reachAbility, which provides free



Quentrel Provo, founder of the non-profit Stop The Violence movement.

JEFF HARPER/METRO

legal services to people with disabilities.
Adam Fredericks — Founded successful Nine at Night fundraiser for Leukemia & Lymphoma Society.
Linda Felix — Founded Spay Day HRM initiative.
Donna d'Entremont — Volunteer with francophone community radio station OUI 98.5 FM since 2007.
Shawn Hambley and Anthony Banfield — Active volunteers with Dartmouth-based VETS (Veterans Emergency Transition Services) Canada.
Bill VanGorder — Decades of volunteerism, including with the provincial chapter of Canadian Association of Retired Persons.
Heather Gibson — Volunteered with East Coast Music Association, In The Dead of Winter Music Festi-

val, Halifax Jazz Festival and other initiatives.
Shitangshu Roy — Founded non-profit league Halifax PLAYS (Players' League for Affordable Yearly Sports).
June Feswick — Runs CNIB program to help visually impaired people knit.
Denise Klavano — Active volunteer advocate for tissue and organ donation.
Roseanna Cleveland and Jody Livingstone — Two of the founders of north Dartmouth's Take Action Society.
Tracey Quinn — Driving force behind Strong Girls Leadership Association.
Becky McInroy — More than 500 volunteer hours with Halifax Regional Police Victims' Services.

Trish Dominie — Founder of Alex's Safe Harbour helping families cope with grief.
Darlene Grady-Lunn — Founder and volunteer with animal rescue group Marley's Hope.
Bud Bremner — Started the Bedford-Sackville Minor Football program 48 years ago and still volunteers.
John Bogardus — Music director of the Halifax Music Co-op makes music accessible.
Marg Murray and Bev Cadham — Canadian Mental Health Association local branch co-managers spend hundreds of hours volunteering.
Gaye Wishart — Volunteer with Immigrant Services Association of Nova Scotia, Red Cross, Status of Women, and other initiatives.
Ebony Abe — Active volunteer with 292 Halifax Fairview Branch 142 Royal Canadian Air Cadet Squadron.
Bernie and Nancy Schultz — Founders of the Santa Under the Bridge project.
Walter Regan — Environmental advocate, volunteer with Sackville Rivers Association since 1988.
Lori Ward — Immigrant Services Association of Nova Scotia volunteer.
Anika Fraser — 11-year-old raises funds for endangered animals, cancer research and other charitable causes.
DeRico Symonds — Co-founder of Future Roots, program manager with HRM Youth Advocate and Souls Strong program and other youth-related initiatives.
Clay Radcliffe — Halifax Tool Library volunteer devotes about 30 hours a week to the project.
Paul Vienneau — Accessibility advocate known for things like keeping streets clear of snow and passing out water out in summer.
Norm Collins — Crosswalk safety advocate, co-founder of the Crosswalk Safety Society of Nova Scotia.
Meg Federico — Donates time to chair fitness for seniors at Spencer House.
Hasmeet Singh Chandok — Humanitarian, fundraiser, co-founder of Maritime Bhangra Group.

metro EFFECT

Heroes snowed in last week



Philip Croucher
Metro | Halifax

If you were one of the few people out and about last Monday during the blizzard, you might have grabbed a Metro and seen this Halifax Heroes spread — but many missed it.

We've decided to run it again so everyone has the benefit of seeing what some of our heroes are up to, since their stories are too important not to have the widest audience possible.

With so much negative news making headlines, Metro Halifax wanted to find a way to pay tribute to the people who make our city a better place to live.

In February 2016, Halifax Heroes was born. It's been a huge success. Not only are readers nominating people each week, those recognized are seeing the work they do benefit from the exposure. "The article put the program in the public eye," Colter Simmonds told Metro's Yvette d'Entremont about his work with the We Will Win Youth Association in North Preston. "I think I need to build on that, because the great attention showed me I need to come out of my shell."

More kudos from Loran Morrison of SHINE Halifax. "It is remarkable how much growth has occurred from that initial spark," she said of her nomination and subsequent story. "Thank you, from all of us at SHINE."

Halifax Heroes will continue to be a part of your paper each Monday. We are asking you to continue nominating people who are giving back. How do you nominate someone? That's easy — email me at Philip.croucher@metronews.ca, or send us a nomination on Twitter using the hashtag #HalifaxHeroes. We know there are many more great stories out there, and we can't wait to tell them.



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Stormwater fee refund debated



Coun. Tim Outhit wants the city to give a bigger refund. METRO

TAX OVERPAYMENT

Mobile home, condo dwellers may get money back for snag

Zane Woodford
Metro | Halifax

If you live in a condo or mobile home in Halifax Regional Municipality, you may see a discount on your tax bill this year.

Council will debate a recommendation at its Tuesday meeting to provide refunds for people who paid the municipality's stormwater right-of-way fee more than once on their last tax bill.

The fee originates from a 2013 Utility and Review Board order that the municipality pay Halifax Water \$3.9 million annually for stormwater runoff from municipal streets and sidewalks. Halifax Water used to collect a \$39 fee from homeowners itself. Council voted in 2015 to bring the fee

in-house, raise it to \$42, and charge it to each taxable account in the serviceable area.

That had the unintended consequence of charging some people two or three times: condo owners who also pay tax on storage units and parking spaces paid \$42 for their condo, \$42 for their storage unit, and \$42 for their parking spaces, and mobile home owners paid \$42 even though the owners of mobile home parks also paid \$42.

The proposed administrative order in front of council would pay back \$42 to more than 3,700 condo and mobile home accounts through a one-time tax discount.

"This is a step in the right direction, but not far enough for my comfort level," Coun. Tim Outhit said in an interview.

Outhit's issue is that when Halifax Water levied the fee, it was charged one time to an entire condo building, meaning a building with 100 units paid once, and each condo owner paid their share. Now, 100 condo owners each pay \$42.

This administrative or-

der wouldn't refund condo owners the fee they paid on their condo itself, just the second and third fees they paid for storage units and parking spots.

Outhit wants to see condo owners credited for every time they paid the fee, and he wants to put the responsibility for collecting it back on Halifax Water.

That option is on the table for council in another report coming Tuesday morning during committee of the whole.

Staff's recommendation is to create an area tax rate charging those within the Halifax Water stormwater area. Other options include putting the fee on the general tax rate; putting it on an urban/suburban rate; and handing the responsibility back to Halifax Water.

The general or area tax rates would work out to between \$25 and \$29 on the

\$42

The cost of the stormwater fee that was accidentally charged multiple times to some condo owners.

average tax bill, but Outhit still doesn't see that as fair to condo owners.

"It's on the principal where if it was on the water bill, they'd only be paying it once through the condo corp," he said.

Coun. Russell Walker, who first pushed to get the fee off Halifax Water bills and onto tax bills, agrees.

"It was a lot simpler when it was on the water bill, although it didn't seem like it at the time, but it's one of these things," he said in an interview.

"I was wrong."



This is a step in the right direction, but not far enough for my comfort level. Coun. Tim Outhit

CRIME

Police look into three tool thefts

Contractors should be vigilant after three thefts from construction sites in Nova Scotia, police warn.

Colchester RCMP say several saws, drills, nailers, air compressor, and other tools were stolen from a secured trailer at a site on Hub Centre Drive in Upper Onslow some time between

Thursday evening and Friday morning.

Police report another theft of construction tools from a cube van at a construction site on Poplar Drive in Brookside. The theft occurred between Friday evening and Saturday morning.

The RCMP add there was another theft over the weekend in

which construction tools were stolen from a secured trailer on Wexford Drive in Valley between Friday evening and Sunday morning.

Anyone with information about these thefts is asked to contact Colchester District RCMP at 902-893-6820.

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Montreal now a sanctuary city

IMMIGRATION

Designation means refugees have full access to local services

Montreal city council passed a motion Monday making it the latest Canadian jurisdiction to declare itself a "sanctuary city" for non-status immigrants.

The designation means undocumented refugees will have full access to local services regardless of their situation, with the city following in the footsteps of Toronto, Hamilton and London, Ont.

Mayor Denis Coderre told reporters he felt compelled to act

because of events in the U.S.

"One of the reasons I've done that is clearly because of what's happening in the United States and what I'm witnessing in Europe," Coderre said.

In recent weeks, more and more people have flowed illegally across the U.S. border into Canada as President Donald Trump cracks down on illegal immigration and imposes new restrictions on refugees. Canada Border Services Agency says 452 people filed a claim for refugee asylum at Quebec-U.S. land border crossings in January.

Given that current context, several Canadian cities have expressed interest in adopting similar motions, including Ottawa, Saskatoon and Regina.

Toronto became Canada's first sanctuary city in 2013.

Coderre, a former federal immigration minister, assured the measures will go beyond symbolism and help those most in need.

Available services would include access to municipal programs and buildings, including libraries and recreation centres, while Coderre said he wants to discuss major issues such as health, housing and education with provincial and federal authorities.

"The bottom line is to integrate them," he said. "And if you don't have a criminal case (or pose a security risk), we will normalize your situation. You will be able to remain here."

THE CANADIAN PRESS



A family of asylum claimants cross the border into Canada from the U.S. Monday, near Hemmingford, Que, an hour outside of Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Poll warns of anti-refugee sentiments

David P. Ball
Metro | Vancouver

Sunday's Conservative leadership debate in Vancouver continued to raise alarm over the federal Liberals' refugee policies, as the flood of asylum-seekers swells over the U.S. border into Manitoba, Quebec, and B.C.

But while some have dismissed anti-refugee sentiment as "fringe," a new opinion poll suggests it's more widely shared by Canadians than previously thought, even if it's a minority.

An Angus Reid Institute survey of 1,508 Canadians discovered that one-in-four would support a Donald Trump-style ban on accepting Syrian refugees into the country.

It appears that not all Canadians are welcoming of the newcomers. More than half, for instance, agreed with the statement: "Too many refugees don't make enough of an effort to fit into mainstream Canadian society."



Nicole Varin stocks shelves in Oka, Quebec. THE CANADIAN PRESS

Syrup producers struggle for 'a little freedom'

Quebec, the world's largest producer of maple syrup, is ramping up output as it fends off rising competition from the U.S. and neighbouring provinces as well as a farmer rebellion from within.

The province is adding five million taps over the next two years to its existing 43 million spigots. Simon Trepanier, executive director of the Quebec Maple

Syrup Federation, says that is intended to satisfy a growing appetite for the natural sugar, which is increasingly being used as an ingredient in food and drinks.

More than 90 per cent of the record 73 million kilograms of maple syrup made in Canada last year was tapped in Quebec, according to Statistics Canada. Yet the province's near-monopoly

over the maple syrup market is loosening.

Despite a 30 per cent increase in production over the last decade, Quebec's share of global output has fallen from a high of about 82 per cent in 2003 to nearly 71 per cent last year, according to data from Statistics Canada and the U.S. Department of Agriculture.

The problem, some say, lies with the tight grip that the Quebec Maple Syrup Federation has over the province's maple syrup producers. The group sets quotas and prices that Quebec sugar shacks have to abide by, requires they sell to authorized buyers and pay an administrative fee on their output.

THE CANADIAN PRESS

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You're richer than you think:





Trump taps military strategist to replace Flynn
President Donald Trump has tapped Army Lt. Gen. H.R. McMaster, a prominent military strategist known as a creative thinker, as his new national security adviser, replacing the ousted Michael Flynn.

Trump announced the pick Monday at his Palm Beach, Florida, club and said McMaster is "a man of tremendous talent and tremendous experience." AP

Russia's ambassador to United Nations dies
Russia's ambassador to the United Nations, a veteran diplomat known as a potent, savvy yet personable voice for his country's interests who could both spar and get along with his Western counterparts, died suddenly Monday after falling ill in his office at Russia's UN mission.

Vitaly Churkin was taken to a hospital, where he died a day before his 65th birthday, said Russia's deputy U.N. ambassador, Vladimir Safronkov. The cause of his death was unknown. AP

Five killed as plane crashes into Australian shopping mall

Five people were believed killed when a light plane crashed in flames into a shopping mall on Tuesday in the Australian city of Melbourne, officials said.

The plane had taken off from Melbourne's second-biggest airport at Essendon on a chartered flight to King Island, 255 kilometres to the south, Neville said.

Police Assistant Commissioner Stephen Leane said it appeared that no one aboard the plane had survived. No one on the ground was injured. AP

Thousands take to streets in protest on Presidents Day

ACTIVISM!

Rallies across the U.S. dubbed Not My President's Day

Thousands of demonstrators turned out Monday across the U.S. to challenge Donald Trump in a Presidents Day protest dubbed Not My President's Day.

The events on the federal holiday didn't draw nearly as many people as the million-plus who thronged the streets following the Republican president's inauguration a month earlier,

but the message was similar.

Thousands of flag-waving protesters lined up outside Central Park in Manhattan. Many in the crowd chanted "No ban, no wall. The Trump regime has got to fall." They held aloft signs saying "Uphold the Constitution Now" and "Impeach the Liar."

A rally in downtown Los Angeles also drew thousands. Demonstrators there called attention to Trump's crack-down on immigration and his party's response to climate change and the environment. Organizers said they chose to rally on the holiday as a way to honour past presidents by exercising their constitutional right to assemble and peacefully protest.



I'm trying to demonstrate as much as possible until I figure out what else to do. Rebecca Wolfram

In Chicago, several hundred rallied across the river from the Trump Tower, shouting "Hey, hey, ho, ho, Donald Trump has got to go."

Rebecca Wolfram of Chicago, who's in her 60s, said concerns about climate change and immigrant rights under Trump prompted her to start attending rallies.

"I'm trying to demonstrate as much as possible until I figure out what else to do," said Wolfram, who held a sign that said "Old white ladies are really displeased."

Several hundred demonstrated in Washington, D.C. Dozens gathered around the fountain in Dupont Circle chanting "Dump Trump" and "Love, not hate: That's what makes America great."

Dozens marched through midtown Atlanta for a rally named with a Georgia flavour: "ImPEACH NOW! (Not My) President's Day March."

Hundreds of protesters chanting "This is what democracy looks like" marched through Salt Lake City.

The Salt Lake Tribune re-

ports that the crowd marched to push back against Trump and his administration's stance on such issues as the environment, immigration, free speech and Russia.

Some people raised signs that said "Not My President," while others held up a large American flag. Protester Reg Brookings warned the crowd that Trump is trying to divide the country by making such groups as immigrants the enemy.

A small but unruly group of protesters faced off with police in downtown Portland, Oregon.

Hundreds of Trump opponents and supporters turned out in Rapid City, South Dakota.

THE ASSOCIATED PRESS



Thousands of people across the United States joined in rallies during the federal holiday Presidents Day. Activists seized on the holiday to organize rallies dubbed 'Not My President's Day' in opposition of Donald Trump's policies. GETTY IMAGES



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Moving abroad can be taxing

RETIREMENT

Mutual funds, stocks included in departure tax

Planning to take that dream job overseas? Or making a permanent move to the U.S., despite you-know-who in the White House?

Your RRSP and other investments could be the last things on your mind. But they shouldn't be.

"There are tax implications to becoming a non-resident of

Canada," says Abby Kassir, vice president, high net worth planning services, RBC Wealth Management Services.

When you are no longer a Canadian resident, the government requires you to sever ties to the country, meaning you are deemed to dispose of all of your assets at fair market value, with a few exceptions. Any unrealized gains will be subject to income tax — known as departure tax — even if you have not actually sold the property, she says.

"Depending on the circumstances, the tax bill can be quite significant," says Todd Sigurdson, director, tax and estate planning with Investors Group.

"The most common culprit of a large tax bill is the departure tax due on the deemed disposition of non-registered investments with large capital gains."

Assets subject to departure tax include stocks of all companies (public or private), mutual funds, exchange-traded funds, partnership interests, real estate owned outside Canada, foreign trusts and certain kinds of personal property that have appreciated in value.

Fortunately, Canadian real estate and RRSPs are exempt, so moving doesn't mean you have to sell your house or cash in your retirement savings.

TORSTAR NEWS SERVICE

+ DON'T FORGET

■ As a non-resident, the most Canadian tax you will pay on your RRSP is 25 per cent. However, you will also likely have a tax obligation in the foreign country.

■ Also remember that you can't transfer your Canadian RRSP to a retirement plan offered in another country. Any transfer or withdrawal of funds out of your RRSP would be considered a distribution (or withdrawal) and would be subject to a non-resident withholding tax of 25 per cent.



Experts warn of a big tax hit if you collapse a Registered Retirement Savings Plan before moving to another country. ISTOCK

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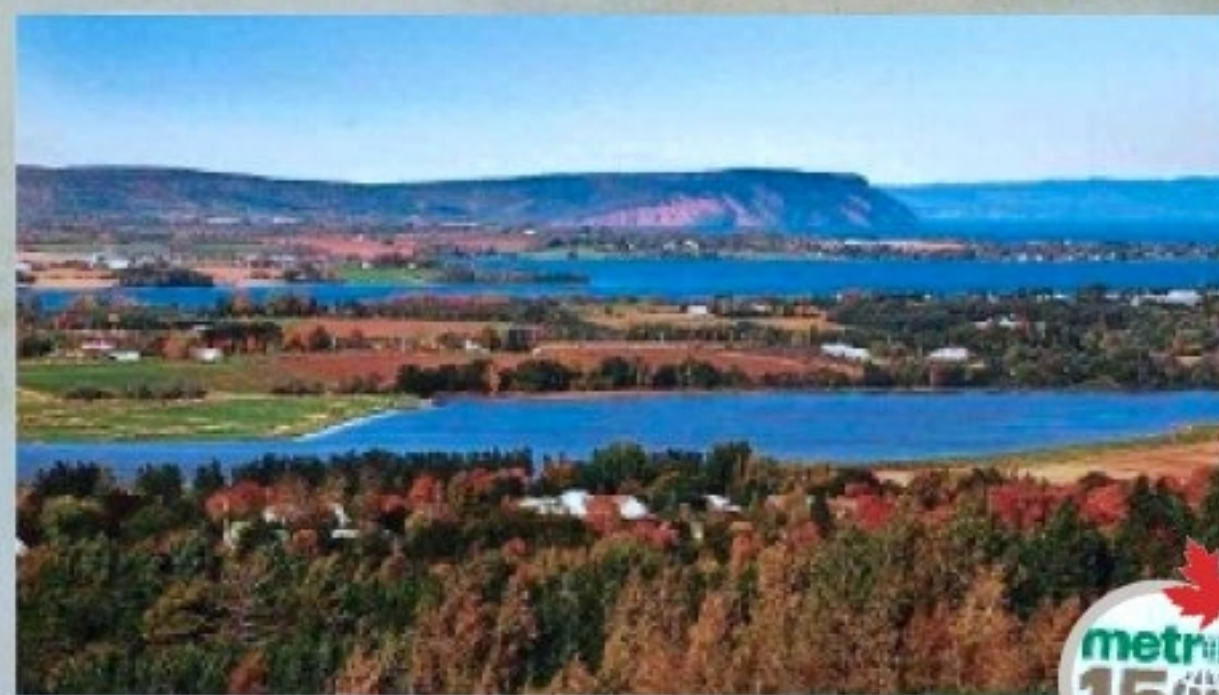
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SHREE PARADKAR ON MARKETING TO GIRLS



There's nothing ha-ha funny or cute about clothes that blare out words such as 'Future bride,' 'Allergic to Algebra,' and 'I only date heroes.'

If apparel oft proclaims the man, when it comes to girls, it appears to oft proclaim them sexual objects from a very young age.

It's 2017, and objectification of girls should have been a long-shunned shame of the past. Perhaps there is such polarization on the perception of equality (Girls' lives matter. No, ALL lives matter!) that issues around negative social messaging for girls are blindingly obvious to some and completely obscure to others.

What else might explain why push-up bikinis have been made for little girls or clothes with dumb messages, or, for heaven's sakes, pacifiers that say "Flirt."

There's nothing ha-ha funny or cute about clothes that blare out words such as "Future bride," "Allergic to Algebra," and "I only date heroes."

Pressure on girls has intensified instead of easing up. They have to look pretty, as defined by euro-centric values, they have to be thin, and even sexy. The window in which to build resilience is rapidly shrinking.

The number of girls under age 18 who got breast implants tripled, from 3,872 to 11,326 in one year (from 2002 to 2003), an American Psychological Association report says.

Women's bodies have historically been decorative sexualized objects, but girls are not miniature women. Their still-forming ability to process cultural messaging makes them susceptible to marketing. If women end up with health issues — eating disorders, depression — in struggling to meet some arbitrarily ascribed fantasy for a body that extracts its pound of flesh, the seeds of that lowered self-esteem are sown when they are little girls.

It's easy for me to roll my eyes at the magazines on grocery check-out counters featuring digitally manipulated images of thin, tall white women. How to get hot bikini bods! How to tighten your butt! When I see diverse little girls gazing at them in wonder,



Re-write Billboards with messages like 'Follow your dreams, even the wild ones' were rolled out across Canada last week as part of a campaign to empower girls. SUPPLIED/CANADIAN WOMEN'S FOUNDATION

though, the only tightness I feel is in my heart as they soak in the glamour and unconsciously create their illusory ideals of beauty.

Perhaps those who buy and sell these hyper-sexualized messages have themselves bought into narrow ideals of female attractiveness. Perhaps the attendant suffering is all they know, which is why they perpetuate it.

The question is, how to break that cycle?

A cross-Canada ad campaign launched last week is trying to neutralize some of these harmful missives. For about six weeks, 30 cities and towns will feature dozens of highway billboards and subway posters roaring out messages like "Follow your dreams, even the wild ones," "Girls are fierce like tigers" and "You don't need to be perfect, you need to be YOU!" These messages, from Fayla, 9, Julia, 7, and Ava, 7, (in that order), were selected for Toronto from thousands that poured in from across Canada in a #GirlPowered campaign co-created by the Canadian Women's Foundation and ad agency Havas.

"We wanted to use the same media to send out a different message that was oversized

and empowering," says Paul-ette Senior, president and CEO of Canadian Women's Foundation.

"Girls are powerful beyond what they know themselves to be. We wanted them to maintain their sense of self, and not be so encumbered by messages of who they are."

The campaign launched in October, when it marked the International Day of the Girl Child with an event in downtown Toronto. Young girls were asked to share a message for their peers, then their responses were flashed on a billboard in real time. The excited reactions resulted in a heart-warming video that got shared by Upworthy, meaning, instead of the hundreds of views the organizers expected, it got hundreds of thousands.

The video was then shared on girlpowered.ca where girls are being asked to submit their own messages.

Cory Eisentraut, the VP and Creative Director of Havas Canada, the creative force behind the ad, is in talks to remake the concept internationally. This was also one of the times when his work turned into a meaningful conversation at home. When his daughter Claire, 9, sat down to com-

pose a message, her 8-year-old brother sat in. They discussed ideas that soon devolved into "Girls are better than boys."

It gave Eisentraut the chance to chime in. "It isn't about better or best. It's about equal," followed by a discussion on what equal means.

I wonder, though, if campaigns like these spur conversations in households where parents are already reflective. What role do they play in changing minds or at least provoking introspection? Or do people tell their daughters they are tigers but not unpack or model the specifics themselves?

The best hope for systemic change is when women take on corporate leadership roles.

By some estimates, it will take about 40 years for North American boardrooms to achieve gender parity. Looks like we're relying on the "girls are tigers" messengers to also do the heavy lifting in the future.

Let us, as adults at least, enable them by dialing down our dumbness.

Shree Paradkar is a Toronto Star columnist and digital editor. She tackles issues of race and gender.

The war on cars was started by drivers

HALIFAX MATTERS

Tristan Cleveland



ends and indirect roads make effective transit impossible, a majority of residents in such communities must drive every time they go anywhere.

Unjustly, subdivisions designed to save their residents from traffic, force their residents to impose traffic on other communities. If we can agree too many cars are a bad thing, there are better ways to solve the problem than shunting traffic into someone else's front yard. To avoid hypocrisy, we must commit to reducing driving overall.

If you need to drive, the good news is that encouraging others to drive less makes traffic easier for you. We should all welcome creating more bus lanes, even when that means taking lanes away from cars, because that is the only way to ensure thousands of new residents do not mean thousands of new cars on your commute.

Someday, once we have good transit alternatives, we should impose a congestion charge for the regional centre, so the people who really need to drive can drive easily, and people who are happy to use bus lanes or commuter rail will take them instead.

We will pay for our scarce road space either with time (i.e. traffic jams) or money, and money produces less pollution, noise and accidents.

If we don't want traffic in our own communities, we shouldn't depend on driving through other people's communities for everything we do.

It is taboo to even suggest that cars hurt communities, and yet, most neighbourhoods built since the 1960s are designed to keep them out. That is, after all, what cul-de-sacs are meant to do.

Consider what this means for the "war on cars." The effort to slow and reduce traffic was started not by urban transit and cycling advocates, but by the people, mostly drivers, who first built and bought homes on cul-de-sacs. In truth, we all want safe, reasonable levels of traffic for our communities.

There's a reason cul-de-sacs are popular. Studies have shown pedestrian collisions and deaths happen more often on high-speed arteries. Medical research has suggested a link between asthma, cardiovascular disease and lung cancer and traffic pollution. And a U.S. study looking at California highways concluded living near high-traffic roads during pregnancy could lead to babies born with developmental disorders, including autism — though more research is needed.

Cars may be a wonderful invention that provide unparalleled freedom and flexibility, but we cannot manage them reasonably unless we can accept an obvious fact: too much driving is a public nuisance.

The first war on cars, however, perversely dealt with this problem by making it worse. Since dead-

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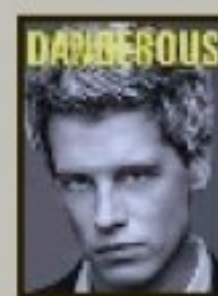
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HEALTH

More people opting to switch off from device-driven days for a digital detox

When songwriter Natasha Valencia lost her phone three times in one day — at a coffee shop, in her car, and under a pillow — she wasn't bothered.

In fact, she felt more "in control" that Sunday in December. When her boyfriend found her iPhone 5S and offered it back to her, she didn't want it.

"I felt a little freer to go about my day not attached to anything, not feeling like I needed a device to get through the day," she says.

So Valencia, 22, decided to make going phone-free a Sunday habit. Her accidental digital detox is now deliberate. Every Saturday night, instead of charging the phone at her bedside, she leaves it on silent mode in a drawer of her apothecary table until Monday morning.

"Out of sight out of mind," says the Torontonian. "I've noticed my thoughts are clearer on those days (without my phone)."

The products of the digital age — smartphones and laptops and tomorrow's innovations — are increasingly met with trepidation as the "dark side" to these devices, are exposed, says technology analyst Carmi Levy. The potential to be hacked, tracked, robbed, and overworked or to become an "addict" to our devices is a growing concern. The discourse has changed from one of innovation and awe to apprehension.

"We're increasingly looking for solutions that allow us to disconnect, and gracefully find some time to recharge

our battery," says Levy.

"Digital detox" is now part of the lexicon as weekend getaways encourage "unplugging." Social networking sites rise and fall like the short-lived video-sharing Vine app, and other goliaths including Facebook are losing users, according to tech research groups. More people are downgrading to flip phones, those relics of the early decade, according to research firm IDC. Nokia is rumoured to be launching a throwback to the basic cellphone it first sold 17 years ago, according to VentureBeat.

"We're finally starting to wake up to the realities of what the always-on lifestyle is costing us," says Levy. "We're overworked and over-connected. Smartphones very quietly break down the barriers that once existed between our professional and personal lives."

That lifestyle began in January 2007 when Apple launched the iPhone. South of the border, it was called a revolution by founder Steve Jobs. "Every once in a while a revolutionary product comes along that changes everything," said Jobs.

Levy remembers the launch "like it was yesterday."

"I often call these moments inflection points, and Jobs' reveal certainly was one," he says. Smartphones started the "mobile revolution" changing how the world communicates.

A few months earlier, Mark Zuckerberg had opened Facebook. The iPhone would become the dwelling place of the social network with more than 147 million monthly active users by 2013.

Some who desire an escape from their digital life literally run for the hills. A Toronto "camp for adults" asks some 250 participants to "step away from their adult persona and find their inner kid," says Emma Brooks, one of eight co-founders of Camp Reset, an "adult

summer camp and digital detox" offering its fourth four-day excursion this June at Camp Wahanowin in Orillia.

Camp Reset is four days of meditation, yoga and forest dance parties, devoid of real names, talk of work and devices. Camp Reset is four days of meditation, yoga and forest dance parties, devoid of real names, talk of work and devices, which are discarded in a ceremony at the start of the weekend. Campers take a no-phones pledge and press a giant wooden button with the word "RESET" on it.

A similar pledge was the task at hand for the mostly 19- and 20-year-old students in Trent Cruz's Social Media, Virtual gaming and Networked Life class at Western University. His students defined the terms of their own weeklong digital cleanse — some cut out certain apps, others put their phones aside entirely — and wrote journal entries about the experience.

"There's a lot of anxiety around social media, the use of it or abstaining from it," says Cruz. This is why it was so difficult for his students to abstain from sites and apps including Facebook and Snapchat. Among their biggest concerns were the fear of missing out, or FOMO, and what to do when they were alone.

Valencia learned to give herself "permission" to be alone during her Sunday detox as though the mobile revolution of the last decade forced a kind of obligatory connection. Now she's more aware of the time she spends on devices during weekdays and how it affects her anxiety levels and her music.

"Being alone is good," she says. "You just kind of sit."

Now when she's out shopping and waiting for a friend or writing at a coffee shop, she chooses to "look around at the world," instead of at a screen. Especially on Sundays. TORSTAR NEWS SERVICE



Natasha Valencia, 22, is a Toronto songwriter who accidentally detoxed from her iPhone one Sunday and has made a point of doing a Sunday detox every week from her devices and social media. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER **WHAT I'M WATCHING**

Crashing on the couch of a really Lazyman Comedy



In *Crashing*, Pete Holmes crashes on the couches of better comedians who make guest appearances. CONTRIBUTED

THE SHOW: *Crashing*, Season 1, Episode 4 (HBO)
THE MOMENT: The drug deal

Pete (Pete Holmes), a meh comedian whose wife just left him, is passing out flyers for a comedy club when a rival comic steals his corner. Detouring down a side street, he interrupts two guys doing a weed deal.

"I'm so sorry, I'm not a narc," Pete sputters to the dealer. "Though I'm sure that's what

narcs say. They're not going to say, 'I'm a narc.'" After another minute of this, Pete asks Dealer how to get his corner back.

"Set it off," Dealer says. "Be a man. Represent."

"Represent an attitude?" Pete asks, earnest but bemused.

"You gotta flip the switch," Dealer says. "You gotta light it up." "Sorry," Pete says, "but this sounds like lyrics from the album Willenium."

There's a potential comic riff

in here somewhere, about how square white guys think black guys are automatically cooler. But Holmes, who also writes the show, and Judd Apatow, who directs and produces it, didn't bother to find it. Instead, they let things meander in the general direction of funny.

The series' conceit is that in every episode, Holmes crashes on the couches of better comedians who make guest appearances — an excuse for Apatow

to hang out with his pals. So it has the vibe of improv, but without any shape or sharpness. It's *Lazyman Comedy*.

"I'm too soft to be in a fight," Pete says. "I'd be like a mattress going at it." It's a good description of the show. What I can't figure out is why we're supposed to care.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Nursing plant babies in the jungalow

URBAN LIVING

No dimming grow lights as millennials pick pots over pets

Erin Kobayashi
Torstar News Service

My condo started transitioning into an urban jungle when I brought my outdoor plants inside for the winter. Despite my indoor plant collection doubling in size, I continued rescuing sad tropicals from the basements of retail stores. I stalked nurseries for chubby baby succulents to add to my thriving plant family.

But at 19 plants and counting, I wondered if I was referencing interior designer Justina Blakeney's maximalist "Jungalow" style or showing early signs of a serious hoarding problem.

Igor Josifovic and Judith de Graff, the founders of Urban Jungle Bloggers, recognize my plant addiction and actually celebrate the lifestyle on their blog and social media accounts every day.

"We believe that in today's

fast-paced, digitalized world we need to reconnect with nature. Especially the urban dwellers," says Josifovic, "We want a connection to something so basic yet so essential, that will remind us of the 'natural pace of life' beyond smartphones and social media."

After years of running a successful plant blog, in January 2016 Josifovic and de Graff launched the Urban Jungle Bloggers Instagram account and were shocked by its rapid growth.

In just over a year, their Instagram had a whopping 270,000 followers, mostly women between the ages of 18 and 45. Josifovic suspects the enthusiasm for slow-growing, green spaces is a reaction to life in the fast-paced concrete jungle.

Lack of time and limited space can also explain millennials' growing interest in houseplants. This segment of the population is working longer hours and a higher proportion are living in condos that often regulate pet ownership, making plants a cheaper, easier alternative. Given the circumstances, a nursery for plants rather than for human or "fur" babies sounds perfectly logical.

"For me, they are definitely



Millennials surrounded by concrete are creating an urban jungle in their apartments, with many taking on 'plant babies' in lieu of furbabies and actual babies. CARLOS OSORIO/TORSTAR

a sort of replacement as I can't have a pet but I still want something living and thriving in my home," says Josifovic, "By choosing the right plants, you can actually keep your lifestyle without being worried about your green roommates. Avid travellers will opt for low-maintenance plants that can survive without attention over weeks think of cacti,

succulents, but also sturdy plants like snake plants etc."

Nurseries and garden centres have all seen a small but steady spike in millennial-aged gardeners purchasing houseplants.

Nelson French, an assistant manager at Plant World in Etobicoke echoes Josifovic.

"Plants are a great place to start if you're not sure you're

ready to become a parent." He says, "Move from plants to pets and then, just maybe, to kids."

"Millennials know that plants can 'finish' an otherwise cold or sterile room with a hint of life — the perfect accent or feature room highlight — not realizing that almost all plants will have their dormant and/or ugly stages ... Just like kids they can fall vic-

tim to disease and pests that make them 'difficult' and sometimes far less pretty," French says.

But unlike children, you can slowly kill your once beloved plants and dispose of them without any consequences, or even shame.

Jewelry designer Sonia Kang, 29, reassured me that if my plants were healthy, I was not a hoarder but rather, a proud plant parent or crazy plant lady. She should know.

Kang lives in a 409-square-foot bachelor apartment in Toronto's west end with a dog, a guinea pig, and 140 plants, specializing in tropical foliage and citrus trees.

"I recently had to get curtains around my bed. I can't sleep at night because I have grow lights on. My citrus trees require eight to nine hours of light to fruit," she says.

But sacrificing sleep was worth the lemons, limes and calamondins Kang's trees have produced.

"I feel happiness," she says, citing a study by the University College London and Bristol University that naturally occurring soil bacteria has a proven mood-boosting, antidepressant effect. "Gardening caters to my more nurturing side."

Shadow

Domestic Medium Hair

Shadow arrived at the Dartmouth SPCA in late January. She is now awaiting her new family at Scarfe Court. Shadow can be timid at times. Approaching her kennel slowly is a great way to earn some initial trust. You can tell Shadow wants to be loved on her own terms. We think this may be what she was accustomed to in her 10 years of life. You will know when she is ready for some pats though because she will snuggle right into your open palm. She may even give you a playful swat but don't worry, it won't hurt! She's declawed!

For more information on **Shadow** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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The timeless hospitality of food, drink and music

The Old Triangle believes there are three ingredients to a memorable night at the pub: food for the body, drink for the spirit and music for the soul.

The Triangle was created in 2000 with the idea to capture the best of Irish hospitality in keeping with the local Celtic tradition — right in the heart of downtown Halifax.

"We designed it ourselves, sourced all of our trades and supplies locally, and hand picked our decor bits on trips to Ireland," said co-owner Cheryl Doherty. "Over the years our guests have added to our decor by giving us pieces that add to our personal touch, including some historic needleworks and a collection of patches."



Cheryl Doherty, Brendan Doherty, Aidan Doherty and Brian Doherty. CONTRIBUTED

It has become a Halifax institution and the place to go to celebrate, socialize or simply enjoy a casual meal while tapping your toes to the best of East Coast and Celtic music.

Those three simple, but perfect ingredients have struck a chord with people all over the Maritimes. Since 2000, the Old Triangle has expanded to four locations: adding Moncton, Charlottetown and Sydney. Doherty said they've had enquiries about several more locations.

"It is part of our philosophy that Triangle owners be local owners, living, working, and

contributing to their local communities," Cheryl said. "Though the Triangles carry similar philosophies and themes they are unique to their individual locations."

The same philosophy has guided them through the upstairs expansion of the Halifax location in 2016. They were all delighted to celebrate the space with the marriage of a staff member as one of their first events.

The Old Triangle is also all about family: Doherty is thrilled her sons have joined the business. Her oldest son Brendan graduated from Cordon Bleu culinary school and honed

his culinary skills in Ottawa for a few years prior to joining the company last year.

"Since returning to Halifax Brendan works with our own chef to both improve our core menus and develop varied menus for functions and special events," she said.

"We're pleased that with the outsourcing of so much young talent from our province that our son has returned to Nova Scotia, bringing his partner with him. Our younger son Aidan is learning the front of house part of the business, while working on a music career. We are proud to be a truly local family business."

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"I didn't play any defence": NBA All-Star MVP Anthony Davis who had a record 52-point game in the West's 192-182 win on Sunday in New Orleans

Mooseheads lifted by late-game heroics

QMJHL

Hischier and Herd get out hard hats to end losing skid



Jonathan Briggs
For Metro | Halifax

A last-minute goal from the top line brought the Mooseheads four-game losing streak to an end.

Halifax's leading scorer, Max Fortier, found the back of the net to give the Herd a 2-1 win over the Moncton Wildcats Monday afternoon.

"We worked hard all game, the goalies played amazing on either side. It was rewarding for all the team to put that goal in," said Fortier, whose game-winner was his 29th goal of the season.

Having Nico Hischier back after missing a pair of games also gave the Herd a much-needed boost. The Swiss centre assisted on Fortier's goal, had six shots and won nine of 14 faceoffs.

Despite outshooting Moncton 16-2 in the second period, Halifax couldn't sneak a puck past Wildcat's goalie Matthew Waite as his team killed off three power plays. Waite finished the night with 41 saves and was named the first star of the game as Moncton was outshot 43-18.



Mooseheads goalie Alexis Gravel, left, stops a shot from Moncton's Anthony Wojcik at the Scotiabank Centre on Monday. JEFF HARPER/METRO

While the top line provided the crucial goal, the play of the third line was the difference maker. Rookie Benoit-Olivier Groulx had the first goal of the game, captain Keigan Goetz had a pair of breakaways from forced turnovers, and Joel Bishop had an assist and led the team with five hits.

"To win a championship and go far in the playoffs, you need all four lines to chip in," said Fortier. "Our third line was our best line tonight."

Groulx's 15th goal of the

season came from a slap shot after he received a drop pass from Bishop. The pair showed chemistry on the ice, reflective of their off-ice friendship that began in training camp.

"Me and Bish have a lot of chemistry. We're in class together, we spend most of our time together. That goal was good for us," said Groulx, who snapped a nine-game goalless streak.

After the game, Bishop was wearing a Viking helmet, the equivalent of a hard hat award given to the hardest-working

player after a win. The new tradition started when Goetz became team captain earlier this month.

"We've been on a little bit of skid lately. We've been playing some good teams, we've been playing some good hockey, just not being able to grind out a win," said Bishop.

Starting his fifth straight game, rookie goalie Alex Gravel made 17 saves in front of 7,878 spectators at the Scotiabank Centre.

The Herd head to Moncton for a rematch on Thursday.

NBA

Pelicans go big with trade for Cousins

Sacramento general manager Vlade Divac headed into All-Star weekend convinced it was finally time to part ways with ultra-talented centre DeMarcus Cousins.

Befitting a franchise that appears headed to a 11th straight season without a playoff berth, the Kings even seemed to botch that. Sacramento dealt Cousins and forward Omri Casspi to New Orleans in exchange for Tyreke Evans, 2016 first-round draft pick Buddy Hield, Langston Galloway and first- and second-round draft picks this summer.

When asked Monday why he didn't wait for a better offer closer to Thursday's trade deadline, Divac gave a curious response that raised more questions than it answered.

"Most likely we would get less because I had a better deal two days ago," Divac said. "I don't



DeMarcus Cousins
GETTY IMAGES

want to go into details. I don't want to discuss the process."

Cousins will now team with another former Kentucky big man who has developed into an NBA All-Star in New Orleans' Anthony Davis. Cousins is averaging 27.8 points and 10.6 rebounds this season and can become a free agent in 2018 unless the Pelicans can sign him to an All-Star calibre extension.

The Kings have not won more than 33 games in a season since drafting Cousins fifth overall in 2010 and grew tired of his antics that included frequent run-ins with coaches, media members and officials. THE ASSOCIATED PRESS

IN BRIEF

Late hit on Sens' Stone costs Jets' Trouba 2 games

The NHL has suspended Winnipeg Jets defenceman Jacob Trouba for two games for an illegal check to the head of Ottawa Senators forward Mark Stone.

The incident occurred at 6:42 of the third period of Winnipeg's 3-2 win in Ottawa on Sunday. Stone had just made a pass in the Winnipeg zone when Trouba hit him with an open-ice elbow to the head. THE CANADIAN PRESS

Ontario, Manitoba rolling in early rounds at Scotties

Ontario's Rachel Homan and Manitoba's Michelle Englot stayed unbeaten and out front at the Canadian women's curling championship Monday.

Homan downed Alberta's Shannon Kleibrink 6-4 and was joined at 4-0 by Englot, who was a 10-5 winner over Stacie Curtis of Newfoundland and Labrador.

Nova Scotia's Mary Mattatall was 1-2 ahead of Monday's late draw versus Homan. THE CANADIAN PRESS

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MAKE IT TONIGHT

Elegant Chicken Milanese



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner has two personalities: elegant, adult dinner or (cut in strips) high-end chicken fingers.

Ready in 30 minutes

Prep time: 15 minutes
Cook time: 15 minutes
Serves 4

Ingredients

- 1 pint of cherry tomatoes
- 1 garlic clove, sliced
- 2 Tbsp olive oil
- 1 Tbsp of balsamic vinegar
- Salt and pepper
- 2 chicken breasts
- 1 cup panko
- 1/3 cup Parmesan cheese, finely grated
- 1 Tbsp lemon zest
- 2 eggs
- 1 or 2 Tbsp olive oil

Directions

1. Preheat oven to 400 F. Place

tomatoes, garlic, olive oil, vinegar, salt and pepper on a baking sheet. Toss together then bake 20 minutes. Set aside.

2. With a sharp knife, slice chicken in half so you end up with four thin cutlets. Place each between two sheets of cling film and use a rolling pin to pound until cutlets are 1/4-inch thin.

3. Whisk eggs in a shallow bowl. Mix panko, Parmesan, lemon zest and salt and pepper on a plate. Dip cutlets into egg, then press on each side in the panko mixture and place on a clean plate.

4. Pour olive oil in skillet over medium heat. Place chicken in hot oil and cook on each side till golden brown and crispy, about 5 minutes a side. Serve with fresh arugula and roasted cherry tomatoes.

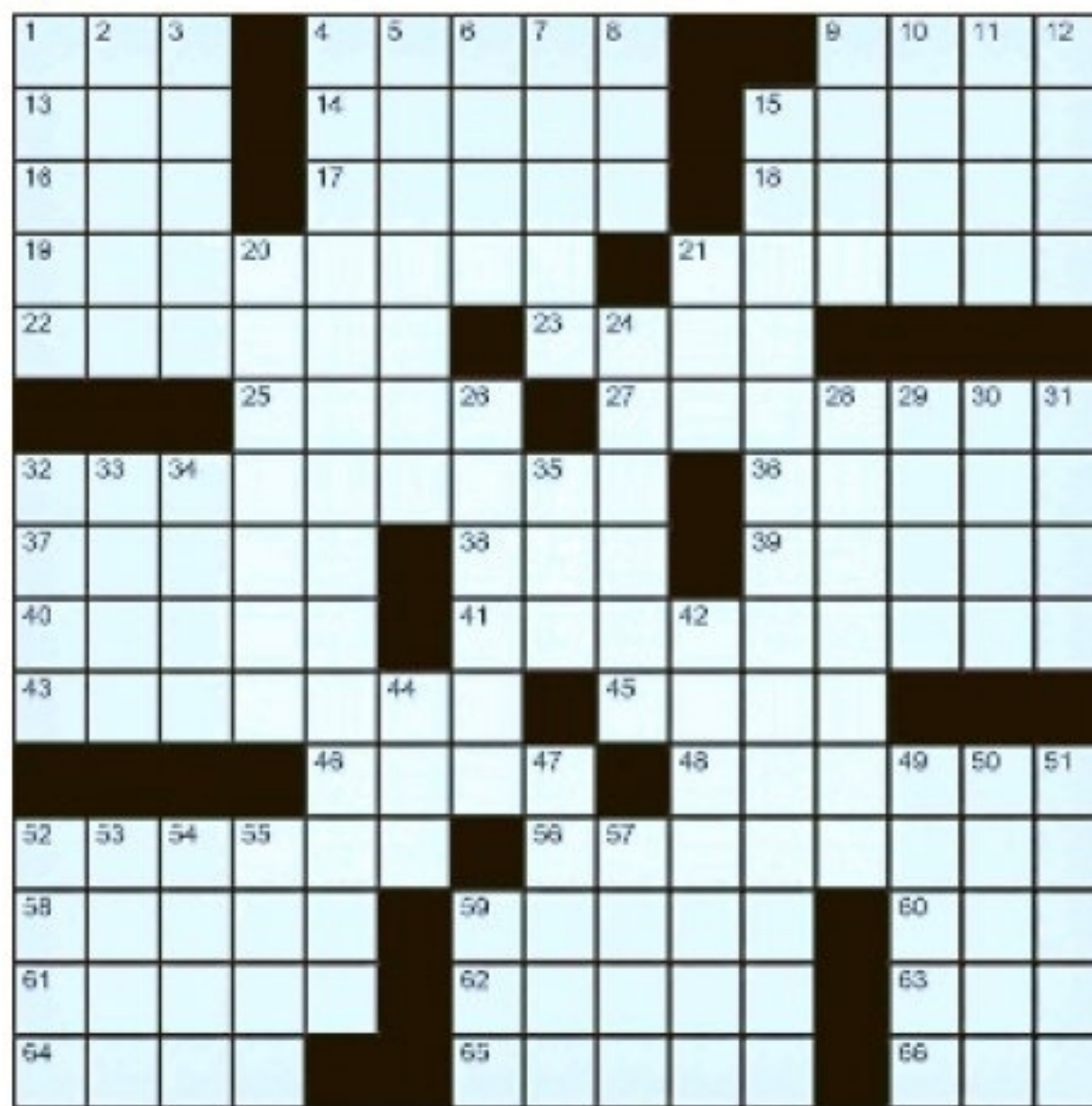
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Scammed
4. Blanketed, to a Bard
9. Boxer's pre-bout garb
13. U2 rock co-producer Brian
14. Actress Ms. Hayes (b.1900 - d.1993)
15. Two-footed
16. Bed-and-Breakfast
17. Towards the ship's left side
18. Overturn
19. Ready: 3 wds.
21. Hysteria
22. "Don't Forget the ___" (Game show)
23. Think, archaically
25. "Dr. ___"
27. Dutch scholar who wrote The Praise of Folly
32. Vintage house heaters
36. Like unfresh bread
37. Cheese-making process
38. Hair salon product
39. Raise with effort
40. So much, in music
41. Refined fellow
43. Forest of France
45. Golfing hazard
46. Non-verbally agrees
48. Join the army
52. Layout/structure
56. Propensity
58. Egg-shaped
59. ___ Quebecois (Political group



- in Quebec)
60. Pinnacle
61. Like from-the-past fashions
62. Inert+gas
63. "The Golden Girls" name
64. Human 'cap' site
65. Unjustly treat

66. Alternatives

DOWN

1. Katherine of new CBS legal drama "Doubt"
2. Bother
3. Blood giver
4. "___" (When I'm Gone)" by

- Chilliwack
5. Store, as a library book
6. Bump on ___
7. Ross who ran for President in the 1990s
8. Wile E. Coyote's blaster
9. Ready for the

- picking
10. Frank
11. Mercedes-___
12. Country star Mr. Arnold
15. Yukon community on Kluane Lake which is home to the Kluane First Nation: 2 wds.

20. Take, as from a savings account: 2 wds.
21. Pro
24. Begrudge
26. Wedged/stuck
28. Distinctive church feature
29. "Yes, ___!"
30. Sea lettuce
31. Perceived
32. ___-tat-tat
33. Culture+medium
34. Kitchen timer sound!
35. Deli bread
42. Canadian Forces Base community in Southern Ontario
44. ___ much (Few)
47. Liverpool drumming legend Ringo
49. Something's start, shortly
50. Thoroughly search or examine
51. Writes using a computer keyboard
52. Spoon's pal
53. Vegetable-roasting place
54. Automatic
55. Morass
57. Consequently
59. Poodle's foot

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to lead others. You will be effective in dealing with friends, but you'll be especially effective with groups. Your enthusiasm will carry the day.

Taurus April 21 - May 21
You impress bosses, VIPs and parents today with your enthusiasm and ability to express yourself in positive terms. It's easy for you to sell any idea that appeals to you.

Gemini May 22 - June 21
This is the perfect day to make big travel plans. This also is a good day to make plans for education, publishing, the media, medicine and the law. Your optimism shapes your thinking.

Cancer June 22 - July 23
Discussions about inheritances and how to divide shared property will be successful today, because all parties will be fair and positive. Everyone will be pleased with results!

Leo July 24 - Aug. 23
Discussions with friends and partners will be upbeat and positive today. It's a great day to make plans for the future, especially about travel and dealing with foreign countries.

Virgo Aug. 24 - Sept. 23
Work-related travel will appeal to you today. You also are enthusiastic about practical plans related to your job. (You're not afraid to tackle something big.)

Libra Sept. 24 - Oct. 23
Creative projects, sports events and your work with children will get a lovely boost today, because you're thinking like a winner! Your optimism is the secret of your success.

Scorpio Oct. 24 - Nov. 22
Go forward with important family discussions today, especially if they relate to major repairs for the home. People are enthusiastic about what can be achieved.

Sagittarius Nov. 23 - Dec. 21
Short trips will delight you today. This is a good day to study anything new or to impart information to others, because people are willing to entertain new ideas.

Capricorn Dec. 22 - Jan. 20
Business and commerce are favored today. Look for ways to boost your income or to get a better job. Work-related travel will appeal.

Aquarius Jan. 21 - Feb. 19
You're in a positive frame of mind today because you expect good things for yourself in the future. Because your expectations are positive, it's quite likely that good results will follow.

Pisces Feb. 20 - March 20
Research of any kind will go well today because you are in the right frame of mind. You instinctively will investigate areas that will yield the best results.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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9	2	3	6	5	8	1	7	4
4	6	7	1	2	9	8	5	3
5	1	8	4	7	3	9	6	2
3	9	2	5	4	7	6	1	8
1	8	4	2	9	6	5	3	7
6	7	5	8	3	1	2	4	9
2	4	9	3	1	5	7	8	6
7	5	6	9	8	4	3	2	1
8	3	1	7	6	2	4	9	5



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